

# Farm



# Fresh

January 2008

## Available Now...

### *Beans*

Colorado produces a wide range of bean varieties including pinto, light red kidney, black and yellow.

In 2006, Colorado ranked seventh nationally in dry bean production with over 110 million pounds, valued at \$22.8 million.

Beans are high in protein and dietary fiber and low in fat, calories and sodium.

Look for Colorado beans at your local grocery store or at restaurants across the state.



Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

## Beef Chili with Pinto Beans

*Chef Jason K. Morse, C.E.C., Valley Country Club*

Serves 8

- |             |                                 |
|-------------|---------------------------------|
| 1 pound     | Top Round Beef, Medium Diced    |
| 1/2 ea.     | Red Bell Pepper, Medium Diced   |
| 1/2 ea.     | Green Bell Pepper, Medium Diced |
| 1/2 ea.     | Yellow Pepper, Medium Diced     |
| 1/2 ea.     | Yellow Onion, Medium Diced      |
| 1 14 oz can | Diced Tomato                    |
| 1 14 oz can | Crushed Tomato                  |
| 4 Slices    | Applewood Bacon, Medium Diced   |
| 2 Tbsp.     | Cumin                           |
| 4 Tbsp.     | Chili powder                    |
| 2 cloves    | Garlic, Smashed and Minced      |
| 1 small     | Fresh Jalapeno, Minced          |
| 1 Tbsp.     | Seasoning Salt                  |
| 1 Tsp.      | Sea Salt                        |
| 1-1/2 cans  | Pinto Beans, Drained            |
| 1 Tsp.      | Liquid Smoke                    |

Sauté bacon, then add beef, seasonings and garlic and cook until beef is browned. In a separate pan, sauté onion and peppers until golden then add mixture and jalapeno to the sautéed meat. Cook to combine. Add tomatoes, beans and liquid smoke and simmer for 35 minutes. Remove from heat and serve with fresh cornbread muffins and favorite chili condiments.

## *Next Month... Buffalo*